



2023 VARA U10/8 RACING

The VARA U10 age level provides non-scored competitions and skill development for 7- 8-9 years old. Year Of Birth for VARA U10/8 racing 2015-14-13. There is no VARA competition for six and under.

Vermont State and National Governing Body Guidance (NGB): VARA competitions will operate under the guidance of US Ski and Snowboard and VARA, participants, parents, and coaches are responsible for being familiar with these guidelines. All vara members must adhere to VARA, USS, and host site/venue guidance and code of conduct.

USS code of conduct. [Link](#)

USS Parent Code of Conduct [Link](#)

USS Safesport Resources - [Link](#)

Eastern Region Handbook - [Link](#)

For sanctioned race info, please see the [USS COMPETITION GUIDELINES](#)

Children's Development Committee- the CDC oversees rules and policies of U14 and younger racing in VT. This group works with the VARA Executive Director to create schedules, policies, qualifications, rules, and state guidelines for the U14 and younger age groups. Committee members include; [Diann Roffe](#) (Chair), 3 Council chairs ([Peter Stokloza](#)/SVC, [Adam Julius](#)/NVC, [Lori McClallen](#)/MVC, Trey Spencer/SVC, [Ryan Sheredy](#)/NVC, and [Justin Lillie](#)/MVC.

Children's Development Sub- Committee

The Children's Development Sub Committee consists of the 3 Council Chairs from each of the three Councils and the CDC Chair – Diann Roffe/Chair, (North-Adam Julius, Mid-Lori McClallen, and South-Peter Stokloza). The committee will work with the Executive Director regarding VARA U14 through U10 issues that arise at state championships and state-governed events.

RACE STARTS: Councils should follow US Ski & Snowboard Guidelines for the U10 age group (fun races). Councils should practice 90% freeskiing, fun duals, and stubbie courses with some skill assessment drills.

Recommendations:

- Competitions should alternate genders, if possible, in the start order
- Competitions should add SQ drills to the agenda for the day
- Competitions should be skill and development focused

1. VARA is the governing body of U10 racing in Vermont.
2. VARA will delegate to the three state Councils (North, Mid, and South), the authority to design and administer their respective races and rules for U10 racing. VARA shall make recommendations to the councils.
3. Councils will adhere to the US Ski & Snowboard established age categories.

4. Councils must also follow all US Ski & Snowboard and VARA procedures for running a fair and legal race.
5. It is suggested that the councils run no more than 5 intra-mountain races.
6. To compete in VARA races, there are two membership requirements that must be met:
 - a) Current US Ski & Snowboard Youth Membership
 - b) Current member of VARA.
7. VARA membership will be verified from the VARA website. On the [VARA Website](#), there is an option to print your VARA card-VARA does not issue a member ID #
8. Coaches must be VARA and US Ski & Snowboard members to obtain on-hill privileges.
9. U10 Council races should be US Ski & Snowboard sanctioned events. Sanctioned races must be held on homologated trails.
10. It is recommended that race fees be \$35- \$40 (plus applicable online registration fees) or less.
11. Host mountain is required to present awards 5-30 minutes after the last competitor.

Parent/Spectator Clause

Any issues parents or spectators may have involving VARA rules, The Race Organizing Committee (ROC), Alpine Officials, the Jury, the race site, or US Ski & Snowboard while at a sanctioned council event, VARA States, projects, or Tri-Council events must be handled by the responsible coach before being brought to the Race Organizer, Alpine Officials/Jury, registration volunteers or VARA. The athlete's coach must represent the competitor regarding the issue, not his/her parents.

SKILLSQUEST: VARA Recommends that all U10s be introduced to the Skills Quest Drills. It is recommended that Councils plan to introduce a skills assessment to their council U10 participants. For example, councils may introduce a skill during competition race days (1 drill at a time per race). OR, host a skills assessment day where many skills are assessed. **Skills info may be found on the US Ski & Snowboard site and the links below:** [SKILLSQUEST](#)
Also See: [EASTERN REGION LINK](#)

Petitioning Athletes

For an athlete to be considered for skiing **up** an age class at the council level, the Program Director must submit the petition to the Council Chairperson. The petition must first be approved by the Council. If approved at the council level, the request will be submitted to the Chair of the VARA Children's Committee and the VARA Executive Director. If the VARA Children's Committee approves, the VARA Executive Director will then submit the request to the US Ski & Snowboard Eastern Regional Director, who will then submit the request to the US Ski & Snowboard National Office. Once US Ski & Snowboard National approves, the athlete will race in the petitioned age class for the entire VARA Council Race season. Once approved to ski up an age class, that athlete **MUST** race in that age class for the entire season. There will be **NO** returning to the original age class.

The following conditions apply: [Ski Up Form](#) (hyperlink)

1. PA will be considered and treated as any other participant in that age class.
2. PA will be presented with an award if so earned.

There is **NO** VARA Head Tax at this age group unless they are included in a mixed-age open race. In this case, a \$2 per head fee must be paid through Admin Ski Racing.